

20 Questions—Your Conversation Starter about Sex

To help make it easier for you and your spouse to learn from each other and discuss specifics of your sexual relationship I suggest a game called "20 Questions—Your Conversation Starter about Sex. This exercise is a great way to help you identify your sexual brakes and accelerators.

Discussing the questions below can make a fun date night activity, or something to discuss as you go for a walk together. You could also make this part of your pillow talk with no expectation that it will lead to anything. You may want to take turns with who answers each question first.

1. What do you think are three of my favorite parts of lovemaking?
2. What are three (or more) of your favorite things about lovemaking?
3. What are three things you think I like least about sex?
4. How often do you think most couples have sex?
5. What do you remember about our first kiss?
6. On a scale of 0 - 10 (0 = not at all, 10 = a lot) how much do you enjoy kissing in general?
What could make it better?
7. What is one of your favorite memories of us being intimate?
8. What are three things that happen outside "the bedroom" that make you most interested in being intimate?
9. What are three things that happen outside "the bedroom" that make you least interested in being intimate?
10. On a scale of 0 - 10 (0 = not at all, 10 = a lot) how important is non-sexual touch and affection to you in our relationship?
11. When we engage in non-sexual touch or affection (i.e. holding hands, hugging, sitting close, etc.) what does that communicate to you or mean to you?
12. What are some of your favorite places on your body to be touched, kissed, or caressed during lovemaking?
13. What kinds of things do you most like me to say to you during lovemaking?
14. What does sex mean to you?
15. What is something you've thought might be fun to try sometime?
16. What misconceptions did you have about sex before we got married?
17. What do you wish we would have done differently on our honeymoon?
18. How much do you think our honeymoon experiences affect the sexual relationship we have today?
19. What would your ideal lovemaking experience be like? Share as many details as you can.
20. What are some of the biggest obstacles or biggest challenges when it comes to sex?

As a bonus question, it may be interesting to ask each other this final question: On a scale of 0 - 10 (0 = not at all, 10 = a lot) how comfortable was it for us to have this conversation? If it is particularly difficult for either of you to answer these questions, you may want to consider writing out your answers then giving them to your spouse to read on their own before discussing them.